## **Hunger Scale**

1	Starving, dizzy, crabby, headache  Note: When you wait this long, you may set yourself up for overeating because you're too hungry.							
2	Very hungry, unable to concentrate  Note: De	Note: Definitely need to eat nere, it you do much londer it it be hard to stop						
3	Hungry, ready to eat	er urge lasts longer, eat here, you need it physiologically. Your body needs fuel.						
4	Beginning signals of hunger		Note: Hunger urge comes every 2-5 minutes for just a moment. Try to go back to what you were doing, it may go away. It may be more "I see it so I want it", or psychological eating.					
5		Comfortate hungry	ole, neither or full					
6				ably full, ated				
7				Very full, fe	•			
8					Uncomfort stuff			
9						•	nfortably full, really tight	
10							Stuffed to the point of feeling sick	
	Hunger						Fullness	

## Tips for managing your hunger:

Learn to eat when your body feels like a 3, as noted by





